

Wise Path Qi Qong by Douwe Geluk

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INSTRUCTIONAL CHARTS OF THE THREE TREASURES

福源 "Play with the Ball"

Douwe Geluk



1. Step out bring hands up and down, think about good breathing



2. Bring hands up and double push forward, bring arms up and circle to the outside, turn fingers forward



3. Bring hands inward to hips, bring hands up and down

福源 "Open the Heaven"

Douwe Geluk



1.



Step out, bring hands up and down, then point fingertips to the ground

2.



Bring hands up, arms to the outside bend to backside, then hands near body when bending forward put arms up

3.



Bring hands forward and up, bring them above the head like a Qi shower, then bring them down

福源 *The Swimming Turtle*

Douwe Geluk



1 Start with hands behind your back bring them forward, circle them bring palms together



2 Stretch arms, circle again and bring hands behind your back, stretch arms palms up, circle arms up and inward



3 Hands near each other, then bring arms wide to outside and bring hands behind your back again!